

Senior Dining

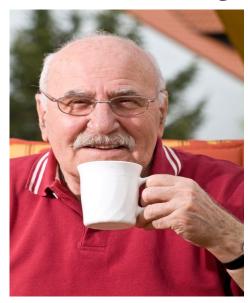


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Jefferson County operates eight Senior Dining Sites. Four of the sites have congregate and home delivered meals. Two sites offer congregate dining only and two other sites are home delivered meals only.

"The purpose of the Senior Dining Program is to provide nutrition services that assist older individuals to live independently, by promoting better health through improved nutrition and reduced social isolation through programs coordinated with nutrition related services."

WI Aging Network, Policies & Procedures Manual



"Food is never just food.
When you come to share a meal it's also a way of getting at something else like friendships old and new; sharing who we are and where we have been."

Please come & join us...

ELIGIBILITY

Congregate Program

Any person age 60 or older and the spouse of that person *regardless of age* are eligible to participate in the congregate nutrition program.

Home Delivered Meals

Any person age 60 or older who is homebound (doesn't leave their home or is unable to leave their home without some type of assistance) may qualify for a home delivered meal. All home delivered meal participants must have an assessed need. The spouse of a qualified person, regardless of age, is also eligible to participate in the home delivered meal program.

Additional criteria for home delivered meals

There is no spouse or other adult in the home who is willing to prepare all meals;

The special dietary needs of the individual can be met by the meals provided;

The individual can feed him or herself;

The individual is unable to obtain food or prepare meals;

The individual is home when the meal arrives.

RESERVATIONS or cancellations

must be made by calling the number of your selected site between the hours of 10:00 am - 12:00 noon <u>one day in</u> advance.

CONGREGATE SENIOR DINING SITES

Served Monday – Friday

Fort Atkinson Senior Center	920/728-4756
307 Robert Street	

Fort Atkinson, WI 53538

Jefferson Senior Center 920/675-0102

859 Collins Road Jefferson, WI 53549

Lake Mills City Hall **920/648-2919**

200 Water Street Lake Mills, WI 53551

Palmyra American Legion Hall 262/753-3108

115 3rd Street Palmyra, WI 53156

Watertown Senior Center 920/261-7013

514 S. 1st Street Watertown, WI 53094

St. John's Lutheran Church **920/674-8134**

129 N. Watertown Street Johnson Creek, WI 53038 **This site serves Monday only**



HOME DELIVERED MEAL CONTACTS

Served Monday—Friday

Call 920-674-8134 or you may contact:

Jefferson 920-675-0102 Senior Center

Semoi Center

920-674-8134

Johnson Creek St. John's Lutheran Church (Serves Monday only)

Lake Mills 920-648-2919

City Hall

Palmyra 262-753-3108

American Legion Hall

Rome 920-674-8134

Waterloo 920-478-3344 Library

To cancel your home delivered meal, please call your Senior Dining site between the hours of 10:00 am-12:00 Noon one serving day before.

HOME DELIVERED MEAL GUIDELINES Your Responsibilities

- 1. You agree to be home when your meal is scheduled to be delivered.
- 2. You agree to cancel your meal within 24-hours of a scheduled absence.
- 3. You agree to provide your meal contact person with good directions to your home.
- 4. You agree to keep your walks and driveways free of snow and ice. If a driver can't get to you, you run the chance of not getting your meal delivered.
- 5. You agree to restrain your pets at the time the meal is delivered.

In the event of an emergency & you are not home when your meal is delivered,

- 6. You agree to leave a note on your door or leave a message at the meal site so that your delivery person knows you're ok. If we don't know you're ok, we may very well call 911.
- 7. You agree to try to make arrangements with a neighbor, relative or friend to be there when the meal arrives and you are not there due to an emergency.

FUNDING/DONATIONS

The Senior Dining Program is funded with federal Older American's Act dollars, United States Department of Agriculture (USDA) funds, state and county tax dollars. The program also relies heavily on voluntary contributions. Jefferson County has set a "suggested donation" of \$3.75 per meal; however, the actual cost of the meal is much higher. The suggested donation has been set by the Nutrition Project Council and Aging & Disability Resource Center Advisory Committee. These committees are responsible for overseeing the Senior Dining & Home Delivered Meal Programs. Those who can contribute more than the suggested donation are encouraged to do so, whereas those who cannot are encouraged to give what they can.

Program participants will not be denied a meal if they are unable to contribute.

All donations are kept strictly confidential.

Donations may be made on a daily, weekly, or monthly basis for congregate dining at the congregate dining site.

Donation statements are sent out monthly to home delivered meal participants who are asked to send donations directly to the Nutrition Program Office.

Tax deductible contributions are accepted.

MEAL PROGRAM CANCELLATIONS

Decisions about closing meal sites are made by 6:00 a.m. each day of inclement weather and will be called into the following as soon as possible thereafter. Meal sites likely will close when schools are closed. Please listen to the following for closing information:

Channel 6 Fox News WFAW: 940 AM (Fort Atkinson)

In those situations where the weather is questionable yet the sites remain open, volunteer drivers are asked to use their best judgment in the delivery of meals.

KEEP A 2-3 DAY SUPPLY OF NON-PERISHABLE FOODS ON HAND!





You are encouraged to keep a supply of non-perishable foods on hand to use in case of an emergency. Non-perishable foods can be kept safely for several months without refrigeration. Canned items include soups, fruits, vegetables, beans, fruit juices and evaporated milk. Shelf stable foods include instant soup, crackers/rice/pasta, non-fat dry milk, cereal, dried fruit, granola bars, pudding and jello. Also, canned meat/poultry, tuna/sardines, bottled water and food for family pets.

NUTRITION RISK QUIZ

Do you have an illness or condition that changes the kind and/or amount of food you eat?

Do you eat less than 2 meals per day?

Do you eat few fruits, vegetables or milk products?

Do you consume more than 3 servings of beer, wine or liquor in a day?

Do you have tooth or mouth problems that make it hard for you to eat?

Do you ever run out of money for food?

Do you frequently eat alone most of the time?

Do you take more than 3 different prescribed or over-the-counter drugs per day?

Have you gained or lost 10 pounds in the last 6 months without wanting to?

Are you physically <u>unable</u> to shop for food, cook or feed yourself?

If you answered yes to . . .

0-2 questions – Good! You are at **low** nutritional risk.

3-5 questions you are at **moderate** nutritional risk. 6 or more yes answers put you at **high** nutritional risk and you should discuss your eating habits with your doctor, a dietician or **Nutrition Program Dietary Specialist** at

<u>920-674-8187</u>.

PLEASE CALL US WITH YOUR QUETIONS!



If you have questions or concerns about the meals or anything else associated with the operation of the Senior Dining Program, please fell free to contact your Senior Dining Manager, Nutrition Project Council Member or the Nutrition Office at the Aging and Disability Resource Center.

The Senior Dining Managers can be reached at the numbers listed on page 3 of this brochure.

Your Senior Dining Manager also has a complete listing of Nutrition Project Council Members and will be happy to give you their names and numbers upon request. Nutrition Project Council members are site participants just like you and they understand how your local meal program is run. They are happy to help you resolve a problem, give you information or help link you up to services as needed.

When your questions or concerns are not addressed to your satisfaction at the nutrition site, please call the Nutrition Program Coordinator at: 920/674-8134